

Tai Chi Short Hand Form 2 (Wudang) _ALAN AUSTIN 12/2014

1. Tai Chi at rest
2. Ready Style
3. Beginning style (Tui Peng, Jun Ji)
- 4a. Step aside, flying oblique low
- 4a. High
5. Raise Hands Step Up
6. White Crane Flaps wings
7. Embrace tiger and return to mountain
8. Cross hands
9. Oblique brush knee twist step
10. Turn body, brush knee twist step
11. Seven stars style right
12. Grasping bird's tail
13. Oblique single whip
14. Under elbow see Fist
15. Seven Stars Style left
16. Needle at sea bottom
17. Fan through the back
18. Turn body and swing fist
19. Right drape body
20. Left Separate legs
21. Turn around and kick with the heel
22. Parting the wild horse's mane left
23. Seven stars style left
24. Parting the wild horse's mane left & Right
25. Fair lady works at shuttle left & Right
26. Cross, Single Hand sweeps lotus leg
27. Punch to the groin
28. Turn body Swing the fist
29. Step up, Pat the horse high
30. Step up Grasping the bird's tail
31. The single whip
32. Snake creeps down
33. Golden cockerel on one leg
34. white snake spits out its tongue
35. Golden cockerel on one leg
36. Step back to strike the tiger (left)
37. Twist the body and kick
38. Step back to strike the tiger (Right)
39. Tai Chi at unity
40. Completion style